

The Twelve Steps of Narcotics Anonymous

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Narcotics Anonymous is NOT affiliated with any outside organizations or enterprises, and has no connection whatsoever to the services providing conference or international calls.

"Many recovering addicts do not have access to regular meetings because of incarceration, geography, physical disability, or employment. These addicts are members in every respect as long as they have the desire to stop using, and they are entitled to the same consideration and support as any other member."

— from Tradition Three

What are phone meetings?

NA Phone Meetings are not meant to be a replacement for face to face meetings. NA Phone Meetings are individual groups that hold their own group consciences and have trusted servants; each group is self supporting, declining outside contributions and are autonomous, following all of the Twelve Traditions of NA. If you are interested in going to meetings with people from around the world please feel free to join us. We are recovering addicts who meet regularly to help each other stay clean.

ALL MEETINGS:

you must enter an access code: you will also be prompted to say your name - although this feature has been disabled you still must press the # (pound) key these are long distance calls. Please check with your phone provider to ensure that you are able to make long distance calls in peak hours. Many carriers have plans for top ten lists. Note that many of the meetings have the same call in number!

NPhonegroup@yahoo.com

see **daily updates** on our fan page on Facebook

<http://tinyurl.com/NPhone>

VISIT OUR WEBSITE!

<http://naphone.org>

PHONE GROUPS' INDIVIDUAL WEBSITES:

What A Way to Start A Day :

<http://www.whataway.yolasite.com/>

Recovery On the Go : <http://recoveryonthegona.org/>

Women Do Recover :

<http://naphone.org/womendorecover.html>

The Bridge : <http://www/TheBridgeNA.org/>



PHONE MEETING SCHEDULE
FEBRUARY, 2012
MOUNTAIN TIME ZONE

THE BRIDGE

1- (218) 339-2626 387870#

WHAT A WAY TO START A DAY!

1- (712) 432-0075 299757#

RECOVERY AT NOON

1- (213) 406-8580 **6213845#**

RECOVERY ON THE GO

1- (213) 406-8580 4829467#

RECOVERY CONTINUES

1- (213) 406-8580 3980743#

WOMEN DO RECOVER

1- (213) 406-8580 4201159#

We Return From Home

1- (540) 712 0300 3307505#

HISTORICAL SIGNIFICANCE

1- (559) 726-1300 108786#

EACH ONE TEACH ONE

1- (805) 399-1200 794151#

SUNDAY

9:00am - 10:30am RECOVERY CONTINUES
(213) 406-8580 3980743# m, se

3:00pm - 4:30pm WE RETURN FROM HOME
(540) 712 0300 3307505# m, od

5:00pm - 6:30pm RECOVERY ON THE GO
(213) 406-8580 108786# m, sp, od

6:00pm - 7:00 pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

MONDAY

5:30am-6:30am WHAT A WAY TO START A DAY!
(712) 432-0075 299757# rm, jft, spP

10:00 - 11:30am RECOVERY AT NOON
(213) 406-8580 6213845# m, jft, sp, od

5:00-6:30pm RECOVERY CONTINUES
(213) 406-8580 3980743# m, od, bg

7:00pm- 8:30pm HISTORICAL SIGNIFICANCE
(559) 726-1300 108786# ts, gbs, od. mm
download the grey book for nahelp.org or naphone.org

7:00pm - 8:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

MEEETING KEY

rm = your phone is muted when you enter this meeting, you are asked to remain on mute
mm - your phone is not muted when you enter, press *6 to mute
m = your phone is muted when you enter this meeting, to share press *6 on your phone keypad to unmute
bg = beginners meeting
bsg- book study group

TUESDAY

5:30am-6:30am WHAT A WAY TO START A DAY!
(712) 432-0075 299757# rm, jft, spP

11:00am-12:30pm WE RETURN FROM HOME
(540) 712 0300 3307505# m, od

1:00pm-2:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

5:00pm - 6:30pm RECOVERY ON THE GO
(213) 406-8580 4829467# m, sp, stcS

WEDNESDAY

5:30am-6:30am WHAT A WAY TO START A DAY!
(712) 432-0075 299757# rm, jft, spP

10:00 - 11:30am RECOVERY AT NOON
(213) 406-8580 6213845# m, sp, od

5:00pm - 6:30pm RECOVERY ON THE GO
(213) 406-8580 4829467# m, sp, od

7:00pm - 8:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

THURSDAY

5:30am-6:30am WHAT A WAY TO START A DAY!
(712) 432-0075 299757# rm, jft, spP

3:00 - 4:30pm RECOVERY CONTINUES
(213) 406-8580 3980743# m, od, t

5:00pm - 6:30pm WOMEN DO RECOVER
(213) 406-8580 4201159# w, od

8:00pm-9:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

7:00pm- 8:30pm EACH ONE TEACH ONE
(805) 399-1200 794151# rm, bsg, od

FRIDAY

5:30am-6:30am WHAT A WAY TO START A DAY!
(712) 432-0075 299757# rm, jft, spP

10:00 - 11:30am RECOVERY AT NOON
(213) 406-8580 6213845# m, sp, od

5:00pm - 6:30pm RECOVERY ON THE GO
(213) 406-8580 4829467# bs, m, sp, od, stcS

9:00pm - 10:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

SATURDAY

10:00 - 11:30am RECOVERY AT NOON
(213) 406-8580 6213845# m, sp, stcS

7:00pm - 8:30pm RECOVERY CONTINUES
(213) 406-8580 3980743# rr, m

9:00pm - 10:00pm THE BRIDGE
(218) 339-2626 387870# mm, sp, od

MEEETING KEY

jft = Just For Today reading for that day
spP = Speaker Panel only, contact the group if you wish to speak
od = Open, Discussion
t = topic
rr = round robin, around the country (different hosts weekly)
sp = speaker for 10-15 minutes, then floor opens for discussion
stcS = Step, Tradition, or Concept Study
w - Women's Meeting

MOUNTAIN